strengthening families

THROUGH EARLY CARE & EDUCATION

strengthening families & the protective factors:

an introduction

ADAPTED FROM THE CENTER FOR THE STUDY OF SOCIAL POLICY

& THE WISCONSIN CHILDREN'S TRUST FUND & COOPERATIVE EXTENSION

Strengthening Families began as a search for a new approach to child abuse prevention that:

Is systematic

Is national

Reaches large numbers of children

Promotes optimal development for all children

Has impact long before CAN occurs

Strengthening Families has inspired an approach to work with children and families that is:

Universally available, not targeted by risk

Focused on development and growth, not only on identified problems

Delivered through new, powerful partners not typically identified as CAN prevention or family support agents

Going where the children are: early care and education programs have assets

Daily contact with parents and children

+

Uniquely intimate relationships with families

+

A universal approach of positive encouragement and education for all families

=

An early warning and response system to the first signs of trouble

The Original (Simple?) Ideas:

1. Find strong evidence that universally available venues like early childhood programs can also help families and prevent child abuse

2. Influence national organizations and systems to adopt the idea

3. Spread the idea state by state

4. Create greater safety and optimal development for millions of children

Just the facts…

What does research tell us about what is RIGHT with families?

What kinds of characteristics are there that promote children's healthy development—and are linked directly to a reduction in child abuse and neglect reports?

the protective factors framework

Parental Resilience

Social Connections

Knowledge of Parenting and Child Development

Concrete Support in Times of Need

Social and Emotional Development

Love is not enough - Illinois

Parental Resilience = Be strong and flexible

Social Connections = Parents need friends

Knowledge of Parenting = Being a great parent is part natural and part learned

Concrete Support = We all need help sometimes

Social and emotional development for children = Help your children communicate and give them the love and respect they need

sought excellent examples

Rural, urban, suburban

Small/large; stand-alone/multi-site

Large budget/small budget

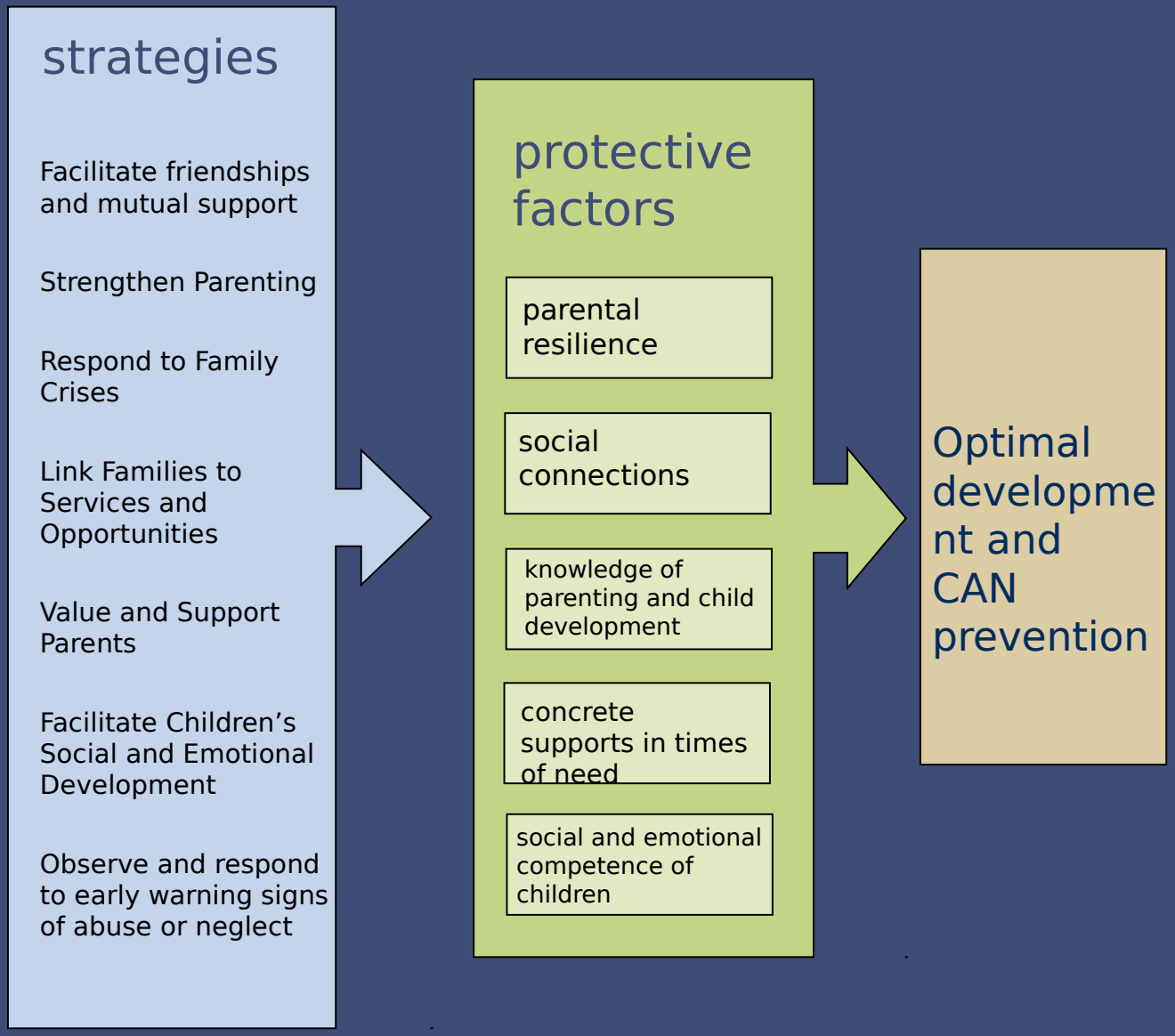
All serving low-income families

Already high-quality programs by other standards

Learning Network of Exemplary Programs

excellent early childhood programs are already building protective factors daily, but often do not recognize their impact on families

small but significant changes in early childhood practice can produce huge results in preventing child abuse and neglect for the youngest children


strategies
Facilitate friendships and mutual support
Strengthen Parenting
Respond to Family Crises
Link Families to Services and Opportunities
Value and Support Parents
Facilitate Children's Social and Emotional Development
Observe and respond to early warning signs of abuse or neglect
protective factors
parental resilience
social connections
knowledge of parenting and child development
concrete supports in times of need
social and emotional competence of children
Optimal development and CAN prevention

organizational partners and

Midwest Learning Center for Family Support

National Registry Alliance

Parents as Teachers

Parent Services Project

Doris Duke Charitable Foundation, Casey Family Programs, Annie E. Casey, A. L. Mailman, Arthur M. Blank Family Foundation

work at the federal level

nccic
National Child Care Information and Technical Assistance Center

FRIENDS

Office of Child Abuse and Neglect (Children's Bureau)

Substance Abuse and Mental Health Services Administration (SAMHSA)

Child Care Bureau

Maternal and Child Health Bureau

Centers for Disease Control and Prevention, Division of Violence Prevention

hhs/acf/children's bureau

To view or order the guide, go to Child Welfare Information Gateway:

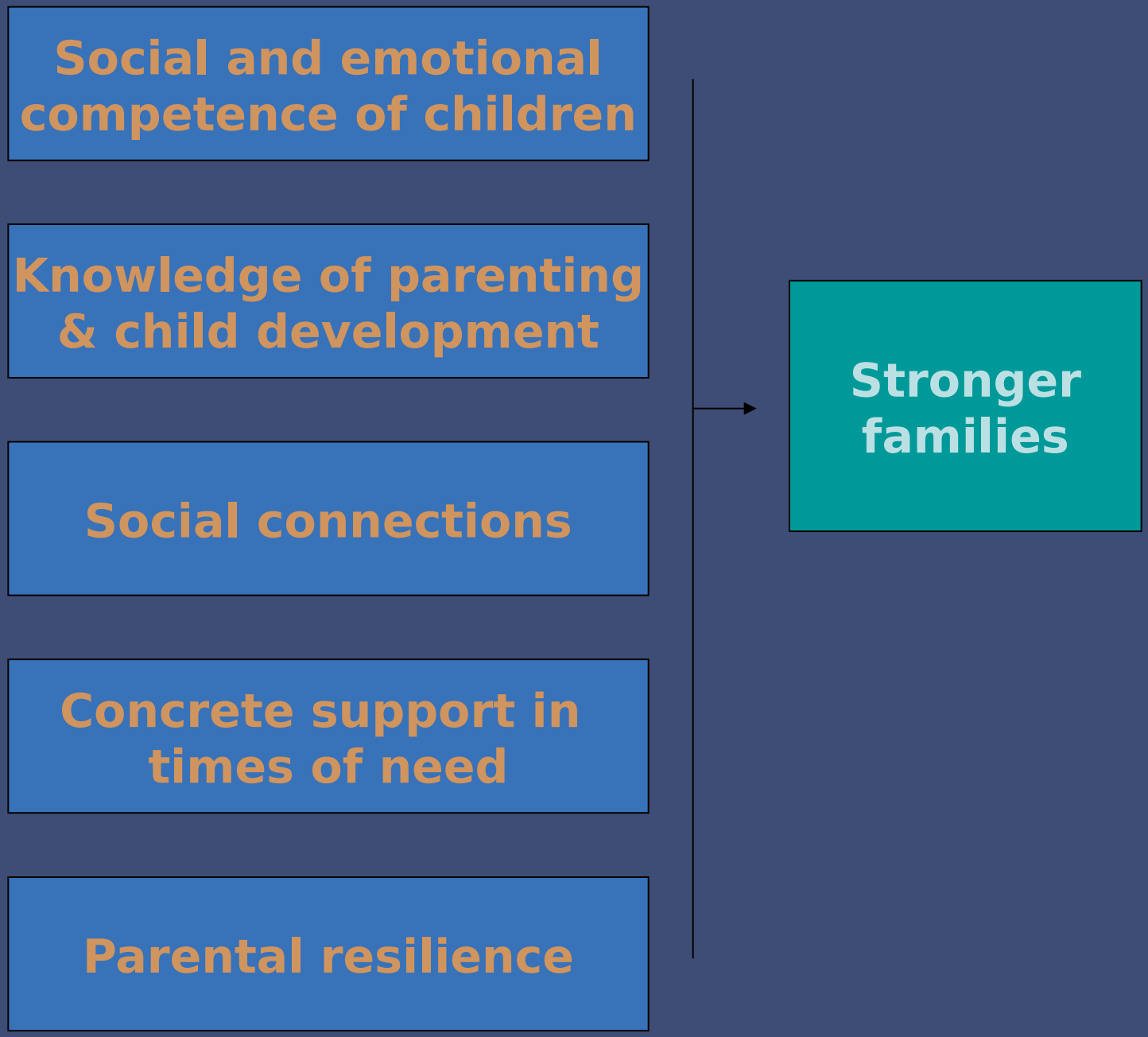
Or contact Information Gateway at 1.800.394.3366 or info@childwelfare.gov

a closer look

- Five protective factors
- How these protective factors relate to building strong healthy families
- How you are strengthening protective factors for families

a strengths-based, protective factors approach

- All families have strengths
- All families need support
- Focus on protective factors that ***all families*** need


Social and emotional competence of children
Knowledge of parenting & child development
Social connections
Concrete support in times of need
Parental resilience
Stronger families

social and emotional competence

social and emotional competence

Normal development (like using language to express needs and feelings) creates more positive parent-child interactions

Challenging behaviors, traumatic experiences or development that is not on track require extra adult attention

A Surprise: What learning in a classroom does for families back at home

“I used to be argumentative and my child really calmed me down — it’s what she learns in the classroom that has made the difference.”

How you are promoting social-emotional competence

- Teaching social and emotional skills
- Helping parents appreciate their children’s strengths
- Working with parents, children, and professionals to address challenging behaviors

knowledge of parenting and child development

knowledge of parenting and child development

Basic information about how children develop

Basic techniques of developmentally appropriate discipline

Alternatives to parenting behaviors experienced as a child

Help with challenging behaviors

How you are enhancing parents' knowledge

- Providing "just in time" parent education
- Being a role model
- Arranging formal parent education activities
- Partnering with parent education organizations
- Sharing resources

Continuously connect with parents

Military HOMEFRONT

Supporting our Troops & their Families

New Parent Support Home
Benefits and Entitlements
Healthy Parenting Initiative
Resources
Zero to Three
Glossary

MILITARY ONESOURCE
1-800-342-9647
Available 24/7

Military INSTALLATIONS
Locate services and installations

Plan My Move
Take control of your PCS move

eNewsletters
Subscribe now and stay informed

HOMEFRONT Toolbox
Download enhanced tools

QOL Resources
Calendar of Events
Casualty Assistance
Glossaries
Heroes to Hometowns
Legislation, Policies & Guidance
Link To Us
HOMEFRONTConnections
MilitaryHOMEFRONT Newsroom
MilitaryHOMEFRONT Toolbox
MySTATE
eNewsletter Archives
Personnel Locators
Reports
RSS Feeds

Chairman Notes Military Family Appreciation Week

Overview

The first three years of life are critical in a child's physical, emotional, and intellectual development. Military life presents some unique parenting challenges that civilian families may not face, such as frequent deployments, long duty hours, moves to unfamiliar locations, and separation from extended families and friends. The New Parent Support Program was developed to help military families with young children to adapt to parenthood and to thrive as healthy families no matter where their service may take them.

Free Our Weekly e-mail for Expectant & New Parents Sign-up now!

Did You Know

The following ... w Parent Support Program and services. Plea... ppear. Click again to hide the answer.

What is the Ne...
Why was this ...
What happens ...
What is a play...
What parentin...
When are thes...

Free Our Weekly e-mail for Expectant & New Parents Sign-up now!

Sign Up Now!

Select your hospital

- Bassett Army Community Hospital
- Bayne-Jones Army Community Hospital
- Blanchfield Army Community Hospital
- Darnall Army Medical Center
- DeWitt Army Community Hospital
- Elmendorf Air Force Base
- Evans Army Community Hospital
- Irwin Army Community Hospital
- Langley Air Force Base

My hospital is not listed; I want to sign up for the Department of Defense standard edition.

For a list of civilian hospitals offering the weekly parenting e-mail, click here.

Get your hospital's weekly parenting e-mail.

Personalized to your stage of pregnancy or your baby's age.

"The weekly e-mails are so helpful! The topic is always extremely relevant. Inevitably, the subject matter for any given week is something that I have a question about, something new my son is doing, or something that I intend to research. Thank you very much! I always look forward to your e-mails."

- Mom of 21-week old
Carmichael, CA

Made possible by:

TRICARE

The Parent Review

1st Medical Group
Langley Air Force Base
-

Now, as an expecting and new parent at our hospital, you have a trusted resource to guide you through pregnancy, labor and delivery, and the first year of your baby's life: our weekly parenting e-mail. This free service includes customized information, news, and resources - as well as announcements from our parent education staff, access to hospital classes, and tour information - all delivered to your in-box. Plus, it's all free! Most importantly, it allows us to develop a richer, more supportive relationship with our patients - you!

When you register for our weekly parenting e-mail, you'll receive information tailored to your week of pregnancy and then the age of your newborn. This service is powered by The Parent Review.

EXPIRATION: This authorization is for the duration of your pregnancy and through the first year of infancy, and will automatically expire on your baby's first birthday.

MY RIGHTS:

- I may refuse to sign this authorization. My refusal will not affect my ability to obtain treatment or my eligibility for benefits at my hospital.
- I may revoke this authorization at

Powered by TpR

Weekly support, tips and advice from us

Information about our program and services

Great resources to better support you

- Your baby's developmental milestones, week by week
- Answers to real questions asked by real parents like you
- Research findings that impact your child's development

View Sample e-Mail

* Required Fields

First name*:

Last name*:

E-mail*:

Re-enter e-mail*:

Password (6 characters minimum)*:

Confirm password*:

Password hint*:

-- Select Password hint --

Password hint answer*:

Due date/baby's birth date*:

January 01 2008

Relationship to baby*:

-- Select --

How did you learn about our service?*:

-- Select --

Zip code*:

Access account
Print this E-Mail
Send to a friend
View Past issues
Unsubscribe
Naval Medical Center Portsmouth
LCDR Sharon Evans
RN, MSN
Perinatal Educator
Questions/Comments
Welcome to Naval Medical Center Portsmouth's weekly parenting e-mail. From week 7 of pregnancy through the first year of your baby's life, our e-mail service delivers the only research-based content reviewed and used by over 160 top obstetric hospitals nationwide.
Caring for an infant is one of the most beautiful-and challenging-life experiences. It is our great pleasure to be part of these moments, providing you with research-based information on child health and development, as well as parenting support and helpful tips.
We're here for you with the help you need. Breastfeeding your baby, for example, can bring joy as well as uncertainty, as new mothers sometimes benefit from support in getting started. Remember that babies are designed to breastfeed, and breastmilk is the perfect food for babies. If you have questions about nursing or any other baby care topics, let us know. We're happy to help you and offer support. It's what we do best.
Also, above this note, there's a link for you to ask us your questions. We encourage you to try it.
The weekly e-mail is your best source of parenting research and information. But remember, we only get better with your feedback. Talk to us. And remember that for personal medical questions, there is no substitute: always contact your healthcare provider.
Be well, and feel free to get in touch with me any time. We're here for you, and I promise we'll deliver.
Developmental Timeline
Social
Cognitive
Language
Sensory
Motor Skills
Launch Timeline
Links...
Home
Family Centered Maternal - Infant Care
Mother Baby Unit
Photo Tour
Pediatrics
Resource of the Week
Balancing Family and Work:
"Balancing Work and Family Life" is one among the many helpful articles found in the ERIC Digests, education articles produced by the former ERIC Clearinghouse system.
Directory of Resources
Week 20
of your baby's infancy
Change Due/Birth Date
Pregnancy
Year 1
Year 2
Year 3
Week 20/52
Dear Parent Name,
Learning to communicate
During the fifth month, your baby might find that when he cries, coughs, or squeals, you react. He may even begin to use this new ability to control his own actions to control yours. After all, a well-timed cough is sure to turn Mom's head away from the telephone and toward the baby! This is a powerful discovery for a young baby, and one that develops into speech. If you sense that your 5-month-old is crying, coughing, or squealing just to see what you will do, control your response. While you want to applaud these early efforts at communicating, know that the reason for the cry or the cough may not always be distress or illness.
Babbling
Has your baby begun to play with sounds? Singing dadadada or mamamama and other delightful babbles is a favorite activity among many 5-month-olds-and a valuable activity it is. Researchers have seen that babies of 5 to 12 months open their mouths wider on the right side when babbling, but wider on the left side when smiling. The difference suggests that babbling is the first step toward language because it engages the left side of the brain where language is mostly controlled. (The left side of the brain controls the right side of the body.) The fact that infant smiling is wider on the left side of the mouth is interesting because it is consistent with the idea that the right side of the brain controls emotion.
More evidence that babbling is a way of practicing language comes from a study of the hearing babies of deaf parents. Babies whose parents used sign language were found to move their hands differently from babies whose parents used spoken language. This indicates that babbling is an imitation of the language to which a baby is exposed. If that language is spoken with hands, then a baby will babble with his hands!
Until next week, be well.
More Week 20 topics
MILITARY ONESOURCE
1-800-342-9647
Available 24/7
If you would like to contact a Military One Source consultant for support or assistance with a particular issue, use the following phone numbers anytime.....24/7/365.
Stateside: CONUS 1-800-342-9647
Overseas: *OCONUS Universal Free Phone: 800-3429-6477
Collect from Overseas: OCONUS Collect: 484-530-5908
En español llame al: 1-877-888-0727
TTY/TDD: 1-800-346-9188
Korea DSN: 550-ARMY (2769)
*Use applicable access code before dialing toll free number.
Parenting Q&A
Q:"We have a family history of food allergies. How can I safely introduce solid foods—in case my baby has inherited these allergic reactions?"
A:Breastfeeding only for the first four to six months reduces exposure to potential allergens and gives your baby's digestive system time to mature. Even without a history of food allergy, it's important to introduce only one new food at a time, to screen for allergic reactions. With a family history of allergy, take extra care. Citrus fruits, wheat products, nuts, and chocolate are the most common allergy-producing foods, so avoid them until the child is older. Symptoms of a food allergy may include any of the following: skin rashes, puffy eyelids, runny nose, excessive gas, and diarrhea. Watch your baby for signs of an allergic response with each new food. If you suspect that your child may have a food allergy, discuss it with your pediatrician. Severe reactions require emergency response.
Directory of Q&A
Research Briefs from The Parent Review
New moms returning to work need rest and support
Nearly three months after having their first baby, many working mothers are tired and susceptible to health and mood problems, researchers say. A study of 661 employed women interviewed 11 weeks postpartum (half of whom were back at work) reported an average of four childbirth-related complaints. Fatigue topped the list, which also included complaints such as headaches, back pain, and respiratory symptoms. Not surprisingly, less job stress and more social support at work and home were among the factors linked to better health outcomes. Researchers advise doctors to evaluate new mothers for fatigue and other physical and mental symptoms, and suggest strategies such as taking intermittent family leave to help moms get some rest.
Source: Annals of Family Medicine 5 (2007): 519-527.
The Parent Review REPORT
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Standardized Information

Customized Information
- Questions and Comments
- Links
- Resource of the Week
- Directory of Resources

“This has really helped me — my child is really hyper and they’ve taught me a lot of patience and how to handle it.”

social connections

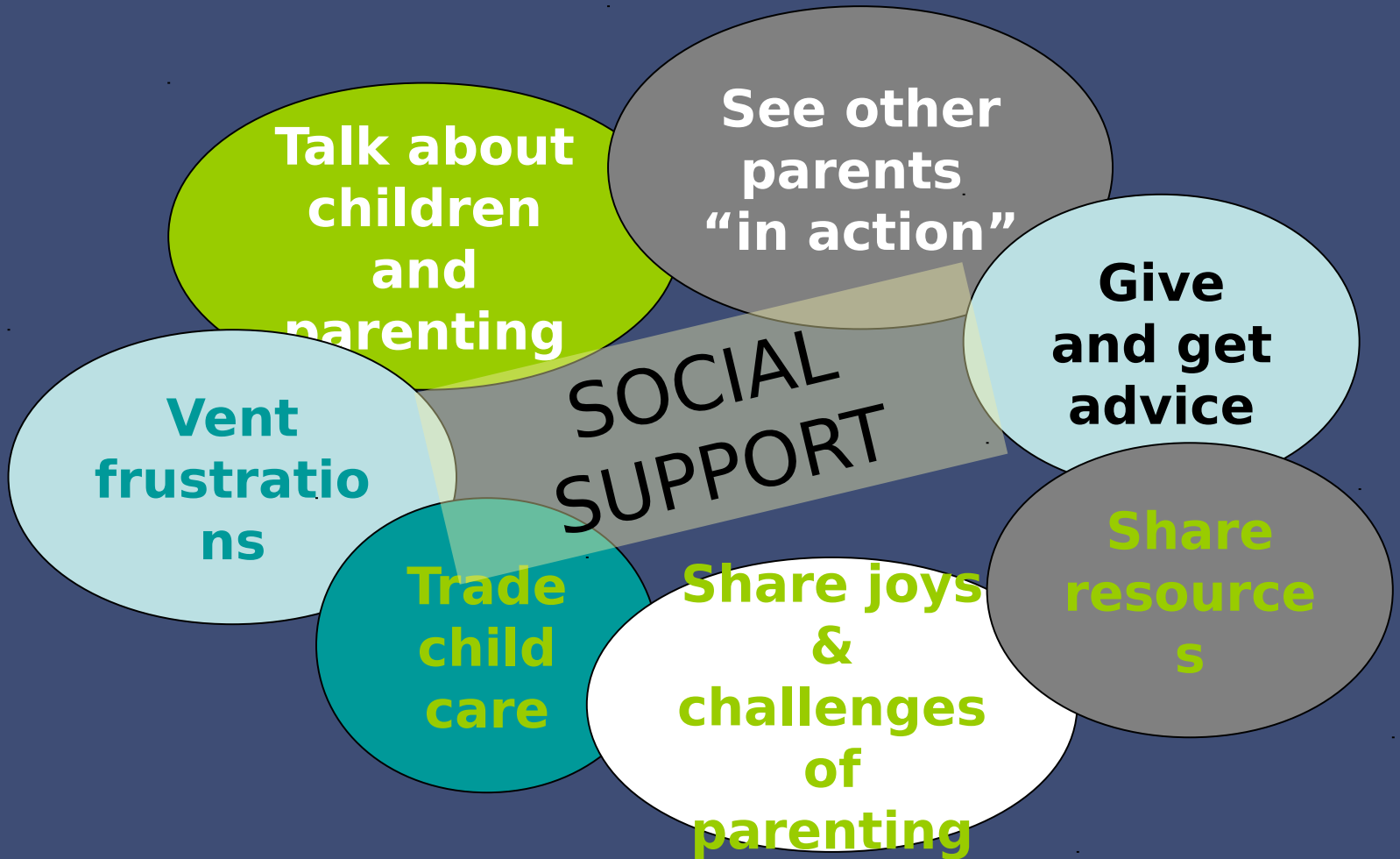
social connections

Relationships with extended family, friends, co-workers, other parents with children similar ages

Community norms are developed through social connections

Mutual assistance networks: child care, emotional support, concrete help

social connections



How you are helping parents develop social connections

- Providing informal space for parents to “hang out”
- Blending social and parent education activities
- Organizing structured activities that bring parents together
- Reaching out to isolated parents

“My sense that I have other people I can depend on here is great. That’s huge.”

concrete supports in times of need

concrete support in times of need

Spouse Employment

Playgroups

Parent Education

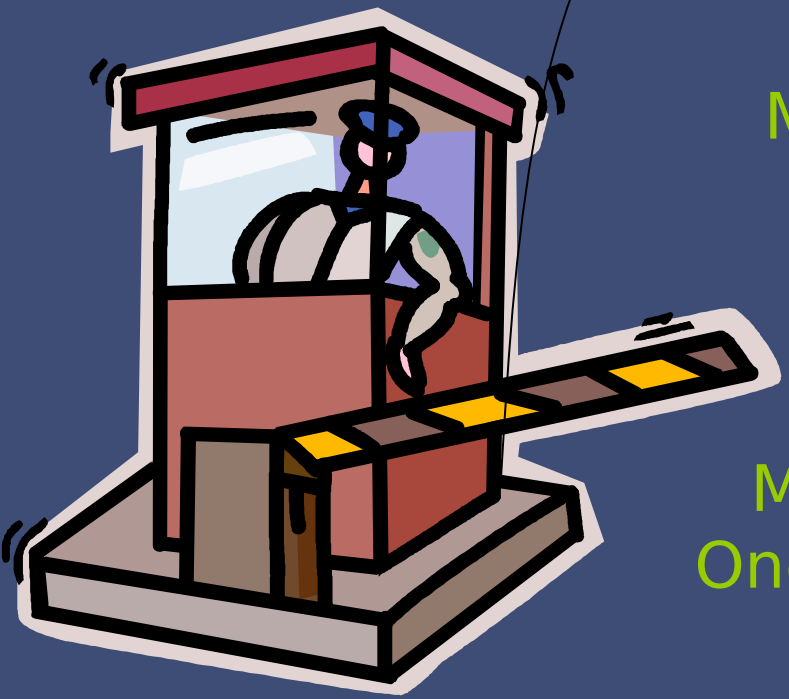
Home Visitation

Behavioral Health

Financial Management

Specialized Services for Children

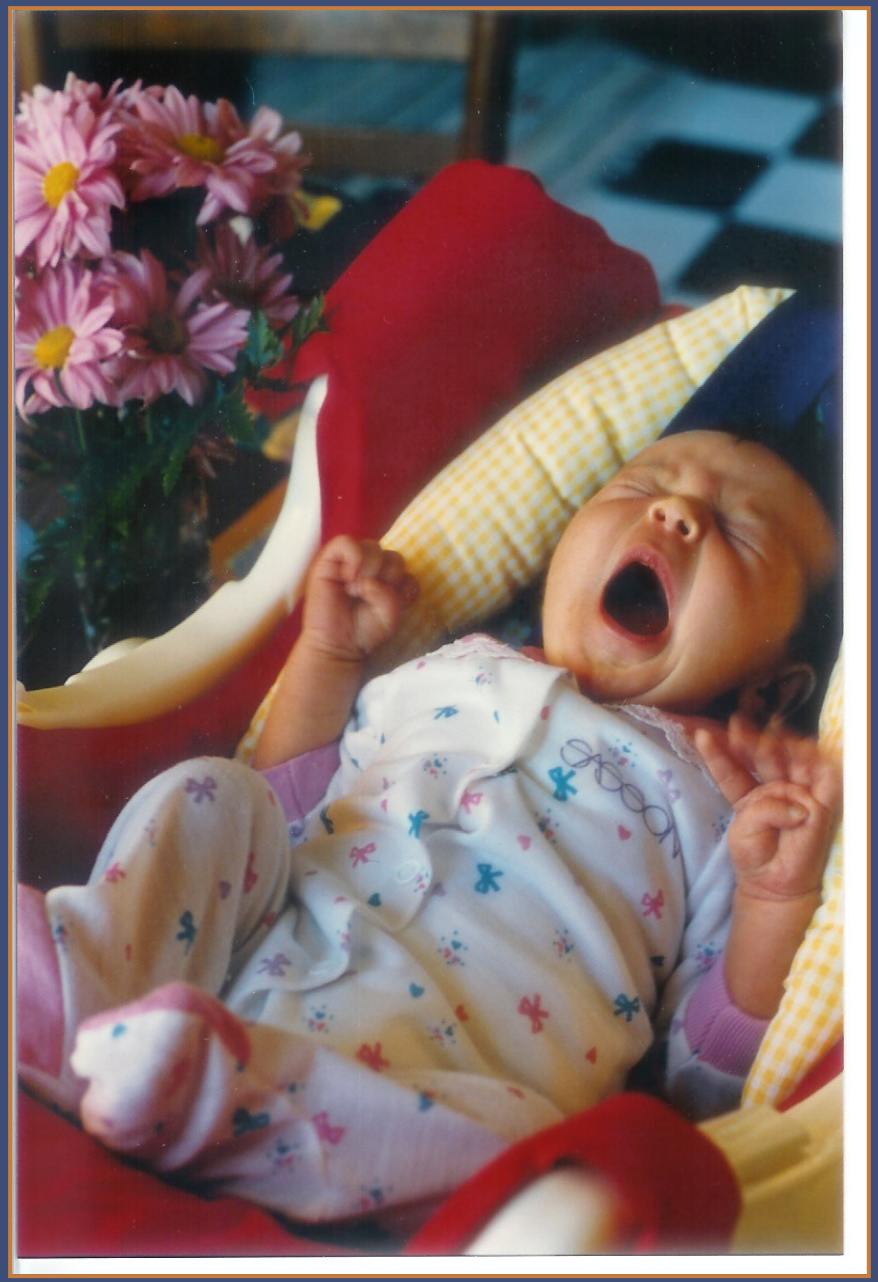
Military OneSource



How you are helping families access concrete support

- Distributing community resource information
- Inviting community partners to share information with families and staff
- Linking parents to community resources
- Helping parents overcome barriers to getting services they need

parental resilience



parental resilience

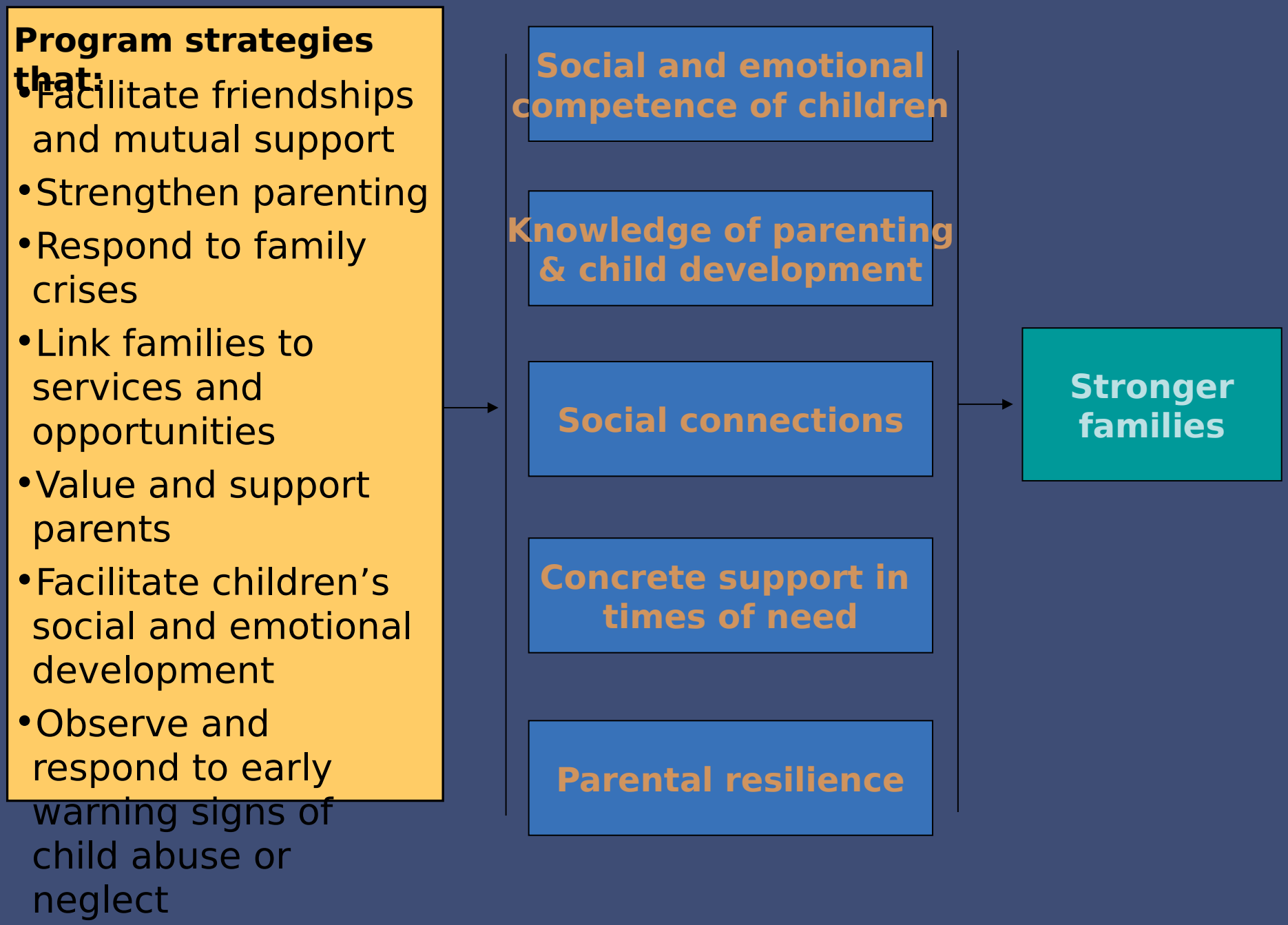
Parents feel supported and able to solve problems; can develop trusting relationships with others and reach out for help

Parents who did not have positive childhood experiences or who are in troubling circumstances need extra support and trusting relationships

parental resilience

how you are building parental resilience

- Showing parents:
  - They are valued
  - Staff is concerned about them
  - Help is available
- Providing trusting relationships and extra support for those parents who need it


Program strategies that:
• Facilitate friendships and mutual support
• Strengthen parenting
• Respond to family crises
• Link families to services and opportunities
• Value and support parents
• Facilitate children's social and emotional development
• Observe and respond to early warning signs of child abuse or neglect
Social and emotional competence of children
Knowledge of parenting & child development
Social connections
Concrete support in times of need
Parental resilience
Stronger families

What YOUR PROGRAM can do to strengthen families

- Use the self-assessment to identify areas for improvement
- Engage parents in improving how your program reaches out and builds protective factors for families
- Build relationships with the community and family programs on your installation and local community

reflections and looking ahead

tools and resources

- Center for the Study of Social Policy
  - www.cssp.org
  - program guidebook and self-assessment tools, exemplary program write-ups
- Strengthening Families
  - www.strengtheningfamilies.net
- Children's Bureau
  - www.childwelfare.gov/preventing
- FRIENDS National Resource Center
  - www.friendsnrc.org/index.htm